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**News**

2008-06-17

**[Anabolic Steroid Dianabol Turns 50](#)**

The performance-enhancing drug Dianabol, which became the first widely used anabolic steroid and has built muscle for athletes and bodybuilders and become the subject of criminal prosecutions, was developed in 1958. There's a good piece in the New York Daily News looking at half a century of the steroid's use:

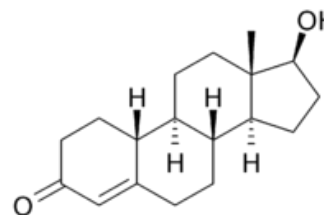
2008-06-27

**[Women On Prudent Dietary Pattern May Reduce Risk Of Death](#)**

Women On Prudent Dietary Pattern May Reduce Risk Of Death Women who eat a diet rich in vegetables, fruits, legumes, whole grains, fish and poultry may reduce their risk of death from cardiovascular disease and all causes. Women who follow a traditional "Western" diet of red and processed meat, refined grains, fries and sweets may increase their risk. That's the

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**Nandrolone phenylpropionate** is a fast-acting form of nandrolone. Nandrolone is chemically related to the male hormone testosterone. Compared to testosterone, it has an enhanced anabolic and a reduced androgenic activity. This has been demonstrated in animal bioassays and explained by receptor binding studies. The low androgenicity of nandrolone is confirmed in clinical use. In the human, nandrolone has been shown to positively influence calcium metabolism and to increase bone mass in osteoporosis. In women with disseminated mammary carcinoma, nandrolone has been reported to produce objective regressions for many months. Furthermore, nandrolone has a nitrogen-saving action. This effect on protein metabolism has been established by metabolic studies and is utilised therapeutically in conditions where a protein deficiency exists such as during chronic debilitating diseases and after major surgery and severe trauma. In these conditions, nandrolone phenylpropionate serves as a supportive adjunct to specific therapies and dietary measures as well as parenteral nutrition, due to its faster acting nature nandrolone phenylpropionate is preferred in situations where a faster clinical response is required over its chemical variant nandrolone decanoate (Decapex)

**Nandrolone**

**Nandrolone** is a modification of testosterone (carbon atom removed from the 19th position) With an Anabolic/Androgenic ratio: 125:37, meaning it is highly anabolic (muscle building) and moderately androgenic (male characteristics). Due to nandrolone's chemical structure it only aromatizes (converts to estrogen) slightly, at about 20% the rate of testosterone when it interacts with the aromatase enzyme. Ergo, estrogenic effects are not a major concern with its use. Of note, however, is that nandrolone is a progestin with a binding affinity of 20% to the progesterone receptor (15) (PgR), so side effects are still possible, though rare. The development of breast tissue in males (gynecomastia) has been reported in some steroid.com users. One of the most popular anabolic steroid used in bodybuilding cycles, nandrolone is also (medically) used to treat severe debility or disease states and refractory anemias. (1) It promotes tissue building processes, reverses catabolism (muscle destruction) and stimulates erythropoiesis (red blood cell production). This makes it a very useful drug to treat wasting disorders such as advanced H.I.V. (2) (16), and also, makes it highly sought after by bodybuilders and athletes.

**Nandrolone Decanoate, Cypionate, Laurate Cycles**

**Nandrolone** is most commonly found with a cypionate, laurate, decanoate or phenylpropionate ester. Briefly explained, the ester determines how much of the given hormone is released over a period of time. Longer esters such as decanoate peak slowly and can keep stable blood plasma levels up to ten days, shorter esters such as the phenylpropionate peak more rapidly but the half-life is shorter. Shorter esters usually release much more active hormone per mg than longer esters, and of course, allow the drug's effects to leave your system more quickly. Surprisingly NPP (Durabolin) and ND (Deca) release almost the same amount of active nandrolone per 100mgs: 69% and 65% respectively; this does not correlate exactly though because blood levels of nandrolone are much higher (about doubled) post NPP usage compared to the same 100mg dose of ND. (see chart) NPP also has more distinct advantages over ND. One of the most common complaints about adding ND (Deca) to a cycle is the water retention that accompanies its use. (3) Gains from NPP are reported to be "clean" with minimal water retention and fat gain. While ND is usually used in "bulking" cycles, NPP is used in "cutting" cycles although either drug can be used in either regard. Being an oil based anabolic it is injected intramuscularly (into the muscle), many users inject it ED or EOD, however NPP can administered E4D without problems.

**Nandrolone phenylpropionate**, and **nandrolone** in general, has a number of benefits for athletes; it increases levels of serotonergic amines in the brain, these chemicals contribute to aggressive behavior, this could help athletes to train harder and improve speed and power. (4) Nandrolone also increases levels of IGF-1 in muscle tissues. (5) This may be another way that makes nandrolone highly anabolic. **Nandrolone phenylpropionate** also benefits the athlete by increasing the number of androgen receptors (AR) one study showed that nandrolone given to rats at a dosage of 6mg/kg of bodyweight combined with muscle functional overload (muscle functional overload gives a similar effect to resistance training) had a 1,300% (!) increase in AR protein concentrations. (6) There is a direct link to muscle growth and AR levels. NPP also seems to be a promising fat loss agent, men given the drug had reduced levels of subcutaneous (under skin) adipose (fat) tissue, visceral (gut) fat loss was not as good however. (7) The fat loss effect seems though to be dose dependant, in one study NPP at a daily dose of 1, 4, or 10mg per kg of bodyweight the 10mg dose had the greatest effect on fatloss, thus displaying a dose respondant curve with **Nandrolone phenylpropionate** (8). The more you use, the more results you'll get, with regards to this drug.

**Nandrolone phenylpropionate** is used to treat anemia by stimulating red blood cell production, (1) and an increase in RBC count can improve endurance during exercise via better lactic acid clearing and oxygen delivery. The blood is also better enabled to carry nutrients to muscle tissue to aid in repair, administration also increases the rate of muscle glycogen repletion after exercise helping the athlete dramatically improve recovery after strenuous physical exercise. (9) Athletes who require a high level of endurance in their chosen sport can benefit from the use of NPP. (15) A favorite with bodybuilders who suffer with sore joints, NPP can also improve collagen synthesis (10), which may improve joint function and alleviate joint pains. Many members of steroid.com swear by nandrolones ability to allow them to train in comfort.

**Nandrolone phenylpropionate** can be highly useful in either "bulking" or "cutting" cycles, and it would seem that diet and dosages are the determining factors of whether a cycle with this drug will be

conclusion of researchers who reported the results of a Harvard School of Public Health study in Circulation: Journal of the American Heart Association. The study of 72,113 healthy women found that high adherence to the "prudent" dietary pattern was associated with a 28 percent lower risk of death from cardiovascular disease and a 17 percent lower risk of premature death from all causes when compared to the lowest adherence.

one or the other. Due to its highly anabolic nature coupled with low androgenic properties it can be incorporated into a mass cycle, usually stacked with testosterone and a powerful oral like possibly oxymetholone (Anadrol) or methandrostenolone (Dianabol). NPP can thus be part of a classic bulking cycle. For a cutting cycle NPP is usually be combined with other short-estered injectable anabolic steroids (testosterone propionate and boldenone acetate come to mind as likely choices) and one of the DHT derived orals such as stanozolol (winstrol) or oxandrolone (Anavar). **Nandrolone phenylpropionate** is said to produce good mass and strength gains in both cutting and bulking cycle phases (3). When one is planning a cutting cycle one must take caution if combining the 19-nor-testosterone derivative trenbolone with nandrolone. Trenbolone Acetate, although a powerful drug for lean muscle gains, strength, and fat loss is also a strong progestin with a binding affinity to the PgR of 60% (3x that of nandrolone). The elevated prolactin, can worsen HPTA insult, often causing the user to spend more money on preventative measures, the combo may also result in a difficult PCT protocol to regain natural testosterone production. So far few steroid.com members have any first- hand experience with **Nandrolone phenylpropionate** ... limited to the few who know which UGLabs sells this particular form of nandrolone. This increases the popularity of "home brewing" ...since the powder comes out of China at very affordable prices. It is only a matter of time before NPP (or Durabolin) takes a special place in the arsenal of steroid.com members in their quest for more muscle.

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